

Statistics Report 11959, Arugula, raw
Report Date: July 04, 2017 19:27 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	91.71	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Energy	kcal	25	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Energy	kJ	105	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Protein	g	2.58	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Total lipid (fat)	g	0.66	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Ash	g	1.40	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Carbohydrate, by difference	g	3.65	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Fiber, total dietary	g	1.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1994
Sugars, total	g	2.05	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003

Minerals

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	160	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Iron, Fe	mg	1.46	4	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Magnesium, Mg	mg	47	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Phosphorus, P	mg	52	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Potassium, K	mg	369	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Sodium, Na	mg	27	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Zinc, Zn	mg	0.47	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Copper, Cu	mg	0.076	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Manganese, Mn	mg	0.321	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Selenium, Se	µg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997

Vitamins

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	15.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Thiamin	mg	0.044	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Riboflavin	mg	0.086	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Niacin	mg	0.305	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Pantothenic acid	mg	0.437	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Vitamin B-6	mg	0.073	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Folate, total	µg	97	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	97	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Folate, DFE	µg	97	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Choline, total	mg	15.3	--	--	--	--	--	--	--	--	Calculated or imputed	11251	12/2006
Betaine	mg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	11251	12/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	119	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Retinol	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11251	02/2003
Carotene, beta	µg	1424	--	--	--	--	--	--	--	--	Calculated or imputed	11251	02/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11251	02/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11251	02/2003
Vitamin A, IU	IU	2373	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Lutein + zeaxanthin	µg	3555	--	--	--	--	--	--	--	--	Calculated or imputed	11251	02/2003
Vitamin E (alpha-tocopherol)	mg	0.43	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	108.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Lipids													
Fatty acids, total saturated	g	0.086	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
12:0	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:0	g	0.072	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:0	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total monounsaturated	g	0.049	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:1 undifferentiated	g	0.046	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total polyunsaturated	g	0.319	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:2 undifferentiated	g	0.130	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:3 undifferentiated	g	0.170	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:4 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Flavonoids													
Anthocyanidins													
Cyanidin 1	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin 1 2	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Luteolin 1	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Flavonols													
Isorhamnetin 3	mg	4.3	--	0	4.3	4.3	--	--	--	--	--	--	--
Kaempferol 1 2 3	mg	34.9	--	13.91	3	104.2	--	--	--	--	--	--	--
Quercetin 1 2 3	mg	7.9	--	1.99	0	14.3	--	--	--	--	--	--	--

¹Arabbi, P. R., Genovese, M. I., and Lajolo, F. M. **Flavonoids in vegetable foods commonly consumed in Brazil and estimated ingestion by the Brazilian population.**, 2004 J. Agric. Food Chem. 52 5 pp.1124-1131

²Huber, L. S., Hoffman-Ribani, R., and Rodriguez-Amaya, D. B. **Quantitative variation in Brazilian vegetable sources of flavonols and flavones.**, 2009 Food Chemistry 113 pp.1278-1282

³Martínez-Sánchez, A., Gil-Izquierdo, A., Gil, M. I., and Ferreres, F. **A comparative study of flavonoid compounds, vitamin C, and antioxidant properties of baby leaf Brassicaceae species.**, 2008 J. Agric. Food Chem. 56 pp.2330-2340